

Bypass Basics

Avoid overeating. Sip all fluids and eat slowly. You should take about ½ hour for each meal. It is usually best to eat 6 small meals per day. Drink most of your fluids between your meals. Avoid constant nibbling.

Chew slowly and thoroughly. Chew at least 25 times per bite. Your new stomach has a very small opening that can easily become blocked.

Stay hydrated. Drink at least 6 to 8 cups (8 oz) of fluid daily. Wait about 30 minutes after a meal to drink fluid. This will avoid dehydration and constipation!



“Listen to your pouch.” Stop drinking and eating when you feel full.



Monitor portions. Measure amounts carefully. Use measuring spoons and measuring cups. Remember your stomach can only hold a few Tablespoons at a time after surgery. Eventually it will hold about ½ to 1 cup.

Avoid foods or liquids with added sugar or fat. Do not **add** sugar, cream, or fats to any of your foods or liquids. Sugar can cause “Dumping Syndrome” and fats can lead to nausea and weight gain.



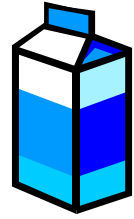
Take nutrition supplements as advised. Set up a schedule for taking your supplements and medications. Remember to take calcium with meals and separate from iron supplements.

Advance to the next stage in texture, only if you are ready. Eating new foods and trying new textures too early can lead to discomfort and food intolerances.



Introduce one new food at a time. If you do not tolerate a food, wait at least one week before trying it again.

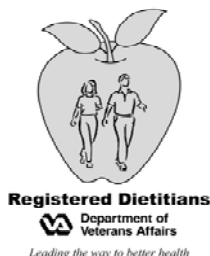
Substitute Lactaid™ or calcium-fortified soy milk if you cannot tolerate dairy. You may need to take lactase pills with dairy to help digest the lactose. They are available in a drug store. Ask your dietitian or pharmacist.



Avoid the following foods:

- carbonated beverages (for at least 3 months after surgery)
- alcohol (for at least 6 months after surgery)
- popcorn, chips, fresh coconut

Notes: _____



Source: Department of Veterans Affairs
Nutrition and Food Service